

Supplement Guidelines

Whole food sources (organic when possible) are essential in meeting your daily nutritional needs. However, due to depleted soils, stress, and pollution, it is wise to supplement your diet. I also advise drinking plenty of water, fresh juices and herbal teas instead sugary drinks that often contain high fructose corn syrup.

Below are recommended daily vitamin and mineral intakes for pregnancy:

Folic Acid: 800 mcg

Vitamin C: 1000 mg

Vitamin E: 400 IU

Vitamin D: 1000-2000 IU

Calcium: 1200mg (with Magnesium) – liquid calcium is preferred

Iron: 75 mg (>100mg is toxic)

Protein: 80 g

Calories: 2600+

Water: 3-4 quarts

To meet these daily requirements, the following supplements are recommended, though not required:

New Chapter Pro-Biotic Perfect Prenatal

B-Complex

Omega, 3, 6 & 9 (per bottle recommendation) (Avoid Cod Liver oil supplements in pregnancy)

1000mg Vit. C with bioflavonoids

1000-1500mg liquid calcium w/ magnesium

Floradix may be taken if you are vegetarian, vegan and/or iron deficient.

Additionally, it is suggested that you take herbal infusions during pregnancy for overall wellness and reproductive health. Typically, clients take nettles, red raspberry, alfalfa, and oat straw at differing points in their pregnancy. Mint can be added for flavor if desired.